

## Hot Lunch Program at Seaforth

### October – December 2012

The Hot Lunch Program is underway! Our first lunch will be served on Tuesday, October 9. Unfortunately, it seems that not all parents received the hot lunch handouts in time to place their orders, so **we have extended the ordering window to Monday, October 8**. You will not be able to order the October 9 lunch, but you can choose from all the rest.

We have three hot lunch programs that are basically leap frogging each other, allowing us to offer hot lunch nearly every Tuesday this year. Proceeds from the Regular Hot Lunch program and the Munch a Lunch program go to the PAC. Proceeds from the Grade 7 Quebec Trip hot lunches go toward offsetting the costs for our grade seven students to take an educational trip to Quebec.

We are dividing the hot lunch orders into three blocks this year: October to December, January to March, and April to June. This means there is a smaller up-front payment for each order, and hopefully the smaller blocks will allow you to more easily keep track of which lunches you've ordered.

As with previous years, the Regular Hot Lunch program offers different entrées each week and also offers a variety of snack and drink choices. The Regular Hot Lunch program has added a few items this year, and has also brought back the popular cupcakes and Booster Juice options! The Munch a Lunch program is focused on teaching children about nutritionally balanced eating and each lunch is a complete meal with an entrée, a salad/vegetable and a dessert. If you feel the whole meal is too much for your child, you can purchase just the salad, vegis and dip, or a fruit cup.

All of the hot lunch items meet the nutritional guidelines outlined for BC schools, and all programs include vegetarian options. Arrangements can be made to accommodate children with allergies. The menu options for October to December are as follows:

October 9	Domino's Pizza	Regular Hot Lunch – PAC
October 16	Sushi and chicken nuggets	Grade 7 Quebec Trip
October 23	Subway and hot dogs	Regular Hot Lunch – PAC
October 30	McDonald's	Grade 7 Quebec Trip
November 6	Pizza Hut	Regular Hot Lunch – PAC
November 13	Sushi and chicken nuggets	Grade 7 Quebec Trip
November 20	Extreme Pita and hot dogs	Regular Hot Lunch – PAC
November 27	McDonald's	Grade 7 Quebec Trip
December 4	Boston Pizza and hot dogs	Regular Hot Lunch – PAC
December 11	Pasta day	Munch a Lunch – PAC

Please note that if your child is ill on a lunch date, you are welcome to come and pick up their lunch but we cannot keep the food for them for the next day, and we will not offer refunds.

Instructions regarding ordering hot lunch are outlined on the flip side of this sheet. If you have any questions or concerns, please do not hesitate to contact the appropriate hot lunch coordinators or the PAC Chairperson, Rhylin Bailie, at [chair@seaforthpac.net](mailto:chair@seaforthpac.net).

Thank you for supporting Seaforth's Hot Lunch Program!

# Ordering Hot Lunch

All of the hot lunch programs are using the online Munch a Lunch ordering and payment system. Don't let the name confuse you! We adopted the name Munch a Lunch for the new lunch program because it's a catchy name. But it's also the name of the online ordering software that ALL lunch programs are using this year.

## HOW TO LOGIN / REGISTER

- From <http://seaforth.sd41.bc.ca> choose Hot Lunch from the left-hand menu. Toward the bottom of the hot lunch page you will see the “**Register Here**” button (new users) or “**Login Here**” button (existing users). The system will guide you through ordering lunch for all of your children.
- You can pick and choose which lunch dates you want to order for, but you must place and complete your entire order by Monday, October 8. **Payment for the Oct-Dec block of hot lunches must be received on Monday, October 8; otherwise, your child's hot lunch order will be deleted from the system.**
- If you need assistance with payment, please contact the coordinators. If you are paying by cheque, it must be received on Tuesday, October 9, or your child's order will not be placed.
- Once you have ordered your hot lunches, you can go back into the system at any time to verify your order and review the upcoming lunch schedule. Click the “**Login Here**” button to access your account at any time.
- The Munch a Lunch system will send you an email the night before a hot lunch day to remind you of your order. **If you don't receive an email you haven't ordered**, so be sure to send a lunch to school with your child!



If you require assistance with your order please contact the appropriate coordinators:

### Regular Hot Lunch

Rishma Vallani	604-516-8483	<a href="mailto:rvallani@shaw.ca">rvallani@shaw.ca</a>
Cathy Nielsen	604-444-4590	<a href="mailto:randcnielsen@shaw.ca">randcnielsen@shaw.ca</a>

### Grade 7 French Trip

Cathy Nielsen	604-444-4590	<a href="mailto:randcnielsen@shaw.ca">randcnielsen@shaw.ca</a>
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### Munch a Lunch

Meishan Cheung	604-451-5715	<a href="mailto:meishan@shaw.ca">meishan@shaw.ca</a>
Adrienne Dall'Antonia	604-312-8666	<a href="mailto:thedalls@shaw.ca">thedalls@shaw.ca</a>

OCTOBER						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
	1	2	3	4	5	6
7	8 THANKSGIVING HOLIDAY	9 REGULAR HL PAC	10	11	12	13
14	15	16 G7 FRENCH TRIP	17	18	19	20
21	22	23 REGULAR HL PAC	24	25	26	27
28	29	30 G7 FRENCH TRIP	31			

NOVEMBER						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
				1	2	3
4	5	6 REGULAR HL PAC	7	8	9	10
11	12 REMEMBRANCE DAY	13 G7 FRENCH TRIP	14	15	16	17
18	19	20 REGULAR HL PAC	21	22	23	24
25	26	27 G7 FRENCH TRIP	28	29	30	

DECEMBER						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
						1
2	3	4 REGULAR HL PAC	5	6	7	8
9	10	11 MUNCH A LUNCH – PAC	12	13	14	15
16	17	18	19	20	21 SANTA'S BREAKFAST	22
23	24 WINTER BREAK	25 WINTER BREAK	26 WINTER BREAK	27 WINTER BREAK	28 WINTER BREAK	29
30	31 WINTER BREAK	1 WINTER BREAK	2 WINTER BREAK	3 WINTER BREAK	4 WINTER BREAK	5

## Volunteers for Hot Lunch Tuesdays

Volunteers are needed to help deliver hot lunches to the classrooms on the dates listed below. Each division will require **one** parent volunteer for each hot lunch date. We would also like to have a **parent coordinator** for each division to organize their division's volunteers. The coordinator will ensure that a volunteer is scheduled for each hot lunch date for their class.

If you wish to help by delivering food to classrooms from 11:50am-12:10pm or would like to take on the role of **parent coordinator**, please fill out the form below and return it with your child's lunch order. All volunteers will be given a schedule for the first six lunches of the year as to which days they will be needed.

_____ Volunteer's Name	_____ Child's division/teacher
_____ Home Phone	_____ Email address

- ☐ I can help on each hot lunch day
- ☐ I can help on certain days only (Circle below)

Oct 09 (PAC)	Oct 23 (PAC)	Nov 06 (PAC)
Nov 20 (PAC)	Dec 04 (PAC)	Dec 11 (Munch a Lunch-PAC)

- ☐ I would like to be the **parent coordinator** for Division \_\_\_\_\_

Please return this form to your child's teacher by **Tuesday, October 9, 2012.**

This is a great opportunity to get to know the students, their teachers and other parents at Seaforth. We look forward to working with you again this year!

Your Hot Lunch Coordinators:

### Regular Hot Lunch

Rishma Vallani	604-516-8483	<a href="mailto:rvallani@shaw.ca">rvallani@shaw.ca</a>
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